THE SWORD INTERVAL

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ISOLATION RECIPES

Hey, I hope you are all doing well.
As you can guess, there's no episode this week. The current crisis is affecting everyone in one way or another. While I've personally been lucky enough to stay physically healthy, this week has been a struggle.

I'll be okay.
It's just hard to force myself to be creative right now – to be immersed in my own fictional world. I love making this comic, and I know people need entertainment and escapism, so I'll try and get right back to it next week.
I just need a little time to decompress.

I want to share a couple of recipes. I know in some areas store shelves are limited, but I hope these are useful for some of you who are finding yourselves cooking from home more than you're used to.

As always, remember to wash your ingredients and your hands before cooking.

VEGETABLE LENTIL SOUP

The ingredients for this one are fairly cheap, and the recipe makes about 4 servings.

-4 cups broth [beef, chicken, or vegetable work. Low sodium is preferable]

-2 stalks celery [chopped]

-2 carrots [chopped]

-1 yellow onion [chopped]

-4 cloves garlic [diced]

-1 gold potato or 1/2 cup mushrooms, your choice [chopped]

-1 cup lentils [green, red, any type will do]

-1tsp salt

-1/2 tsp pepper

-1tsp oregano [or any other spice you like]

-cooking oil [olive, vegetable, whatever you have available]

In a medium frying pan, heat about 1tsp oil on medium-high until hot. Add the chopped ingredients. Season with salt and pepper. Stir occasionally until they have softened and the onion is slightly see-through.

Transfer the fried vegetables into a large pot. Add the broth, lentils, and oregano [or other spice of your choice]. Heat uncovered on high until it begins to boil.

Once boiling, reduce heat to a simmer, cover, and leave for 45 minutes or until lentils have softened.

Enjoy!

MEXICAN CASSEROLE

Ingredients can be a little pricier for this one, though it is a hearty dish that makes 4-6 servings.

-1lb ground meat [I prefer turkey, but beef or pork can work here]

-yellow onion [chopped]

-green bell pepper [chopped]

-jalapeno pepper [finely diced]

-1 can tomatillos [or tomatos if you prefer] [crushed]

-1 can black beans

-1 can corn

-2 cups shredded cheese

-12 small corn tortillas

-cooking oil [olive, vegetable, whatever you have available]

-spice blend
[Can be found pre-made or you can make
your own blend. My blend for this is 2 tbsp cumin, 1tsp chilli powder, 1tsp salt, 1/2 tsp garlic powder, 1/2 tsp pepper, 1/2 tsp paprika, 1/4 tsp cayenne pepper]

Preheat your oven to 350 degrees.

In a large pan, cook the peppers and onion at medium-high for 5 minutes or until somewhat softened, stirring occasionally.

Add the ground meat and half the spice blend. Stir occasionally for another 6-8 minutes.

Reduce heat to medium and add the crushed tomatillos and the remaining spice blend. Stir occasionally for 10 minutes or until turkey is cooked through and excess moisture has cooked off.

Lightly coat the inside of a baking dish with oil. Place 1/3rd of the cooked mixture in a thin, even layer at the bottom of the dish.

Overlap 6 tortillas over the mixture layer. Layer another 1/3rd of the mixture, half the beans, half the corn, and half the cheese.

Overlap another 6 tortillas over that, layer the last 1/3rd of the mixture, the rest of the beans, the rest of the corn, and the rest of the cheese.

Bake in the oven for 30 minutes or until the cheese and tortillas just start to brown.

Remove from the oven and let cool for at least 5 minutes, then cut, serve, and enjoy.